

What is Claimed is:

1. A medicinal composition, comprising:

an effective amount of a pain relieving and anti-inflammatory pharmaceutical;

an effective amount of a nutraceutical; and

a pharmaceutically acceptable base;

where at least one of the pharmaceutical and the nutraceutical treats at least one ailment or symptom thereof caused by an immune response.

- 2. A composition according to claim 1, wherein the immune response is an immune response to a virus, a microorganism, or an atmospheric pollutant or allergen.
- 3. A composition according to claim 1, wherein the pain relieving and anti-inflammatory pharmaceutical is selected from a group consisting of acetaminophen, non-steroidal anti-inflammatory drugs (NSAID's), and mixtures thereof.
- 4. A composition according to claim 3, wherein the medicinal composition additionally comprises a pharmaceutical selected from a group consisting of antihistamines, decongestants, and combinations thereof.
- 5. A composition according to claim 4, wherein the decongestant is selected from a group consisting of phenylpropanolamine, pseudoephedrine, ephedrine, naphazoline, oxymetazoline, tetrahydrozoline, xylometazoline, propylhexedrine, L-desoxyephedrine, effective salts thereof and combinations thereof.
- 6. A composition according to claim 4, wherein the antihistamine is selected from a

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group consisting of diphenhydramine, pyrilamine, clemastine, bromopheniramine, phenindamine, chlorpheniramine effective salts thereof and combinations thereof.

- 7. A composition according to claim 1, wherein said nutraceutical is selected from a group consisting of an immune boosters, anti-inflammatory nutraceuticals, antioxidants, liver protectants, and mixtures thereof.
- 8. A composition according to claim 7, wherein the nutraceutical immune booster is selected from a group consisting of zinc and effective salts thereof, at lease one herb selected from a group consisting of herbs of the genus *Echinacea*, at least one herb selected from a group consisting of herbs of the genus *Sambucus*,

 Goldenseal and mixtures thereof.
- 9. A composition according to claim 7, wherein the anti-inflammatory nutraceutical is selected from a group consisting of at least one bioflavonoid, at least one herbal extract containing at least one bioflavonoid, curcumin, herbal extracts containing curcumin, stinging nettle and extracts thereof, and bromelain.
- 10. A composition according to claim 7, wherein the nutraceutical anti-oxidant is selected from a group consisting of at least one bioflavonoid, at least one herbal extract containing at least one bioflavonoid, ascorbic acid and pharmaceutically effective salts thereof, garlic and extracts thereof, green tea and its extracts, at least one herb selected from a group consisting of herbs from the genus *Astragalus*, and combinations thereof.
- 11. A composition according to claim 7, wherein the nutraceutical liver protectant is milk thistle or an extract thereof.



- 12. A composition according to claim 2, wherein the nutraceutical comprises an effective amount of an immune booster.
- 13. A composition according to claim 12, wherein the pain relieving and antiinflammatory agent comprises at least one drug selected from a group consisting
 of acetaminophen, an NSAID, and mixtures thereof.
- 14. A composition according to claim 12, wherein the immune booster comprises at least one nutraceutical selected from a group consisting of zinc and effective salts thereof, at least one herb selected from a group consisting of herbs of the genus *Echinacea*, at least one herb selected from a group consisting of herbs of the genus *Sambucus*, Goldenseal, and mixtures thereof.
- 15. A composition according to claim 12, further comprising at least one additive selected from a group consisting of:
 - a) an antioxidant;
 - b) an anti-histamine;
 - c) an anti-inflammatory nutraceutical;
 - d) a decongestant; and
 - e) a liver protectant.
- 16. A composition according to claim 12, further comprising an antioxidant selected from a group consisting of at least one bioflavonoid, at least one herbal extract containing at least one bioflavonoid, ascorbic acid and pharmaceutically effective salts thereof, garlic and extracts thereof, green tea and its extracts, at least one herb selected from a group consisting of herbs from the genus *Astragalus*, and

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- 18. A composition according to claim 12, further comprising at least one antihistamine selected from a group consisting of diphenhydramine, chlorpheniramine, and effective salts thereof.
- 19. A composition according to claim 12, further comprising at lease one decongestant selected from a group consisting of pseudoephedrine, phenylpropanolamine, and effective salts thereof.
- 20. A composition according to claim 12, further comprising milk thistle or an extract thereof.
- 21. A composition according to claim 12, wherein the pain relieving and antiinflammatory agent comprises acetaminophen and the immune booster comprises
 zinc and effective salts thereof.
- 22. A composition according to claim 21, further comprising milk thistle or an extract thereof.
- 23. A composition according to claim 12, wherein the pain relieving and antiinflammatory agent comprises acetaminophen and the immune booster comprises
 at least one herb selected from a group consisting of herbs of the genus

 Echinacea.

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- 25. A composition according to claim 12, wherein the pain relieving and antiinflammatory agent comprises acetaminophen and the immune booster comprises
 at least one herb selected from a group consisting of herbs of the genus Sambucus.
- 26. A composition according to claim 25, further comprising milk thistle or an extract thereof.
- 27. A composition according to claim 12, wherein the pain relieving and antiinflammatory agent comprises acetaminophen and the immune booster comprises
 Goldenseal.
- 28. A composition according to claim 27, further comprising milk thistle or an extract thereof.
- 29. A composition according to claim 12, wherein the pain relieving and antiinflammatory agent comprises an NSAID and the immune booster comprises zinc
 and effective salts thereof.
- 30. A composition according to claim 12, wherein the pain relieving and antiinflammatory agent comprises NSAID and the immune booster comprises at least
 one herb selected from a group consisting of herbs of the genus *Echinacea*.
- 31. A composition according to claim 12, wherein the pain relieving and antiinflammatory agent comprises an NSAID and the immune booster comprises at
 least one herb selected from a group consisting of herbs of the genus *Sambucus*.
- 32. A composition according to claim 12, wherein the pain relieving and anti-

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- 33. A composition according to claim 2, wherein the nutraceutical comprises, an effective amount of an antioxidant.
- 34. A composition according to claim 33, wherein the pain relieving and antiinflammatory agent comprises at least one drug selected from a group consisting of acetaminophen or an NSAID.
- 35. A composition according to claim 33, wherein the anti-oxidant is selected for a group consisting of at least one bioflavonoid, at least one herbal extract containing at least one bioflavonoid, ascorbic acid and pharmaceutically effective salts thereof, garlic and extracts thereof, green tea or its extracts, at least one herb selected from a group consisting of herbs from the genus Astragalus, and combinations thereof.
- 36. A composition according to claim 33, further comprising at least one additive selected from a group consisting of:
 - a decongestant; a)
 - an anti-histamine; b)
 - an anti-inflammatory nutraceutical; and c)
 - d) a liver protectant.
- 37. A composition according to claim 33, further comprising a decongestant selected from a group consisting of phenylpropanolamine, pseudoephedrine, ephedrine, naphazoline, oxymetazoline, tetrahydrozoline, xylometazoline, propylhexedrine,

- 38. A composition according to claim 33, further comprising an anti-histamine selected from a group consisting of diphenhydramine, chlorpheniramine, and effective salts thereof.
- 39. A composition according to claim 33, further comprising an anti-inflammatory nutraceutical selected from a group consisting of at least one bioflavonoid, at least one herbal extract containing at least one bioflavonoid, curcumin, herbal extracts containing curcumin, stinging nettle and extracts thereof, and bromelain.
- 40. A composition according to claim 33, further comprising milk thistle or an extract thereof.
- 41. A composition according to claim 33, wherein the pain relieving and antiinflammatory agent comprises acetaminophen and the antioxidant comprises at
 least one herbal extract containing at least one bioflavonoid.
- 42. A composition according to claim 41, further comprising milk thistle or an extract thereof.
- 43. A composition according to claim 33, wherein the pain relieving and antiinflammatory agent comprises acetaminophen and the antioxidant comprises garlic or extracts thereof.
- 44. A composition according to claim 43, further comprising milk thistle or an extract thereof
- 45. A composition according to claim 33, wherein the pain relieving and anti-

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46. A composition according to claim 45, further comprising milk thistle or an extract thereof

inflammatory agent comprises acetaminophen and the antioxidant comprises

- A composition according to claim 33, wherein the pain relieving and anti-47. inflammatory agent comprises acetaminophen and the antioxidant comprises at least one herb selected from the group consisting of herbs from the genus Astragalus.
- 48. A composition according to claim 47, further comprising milk thistle or an extract thereof
- A composition according to claim 33, wherein the pain relieving and anti-49. inflammatory agent comprises an NSAID and the antioxidant comprises at least one herbal extract containing at least one bioflavonoid.
- 50. A composition according to claim 33, wherein the pain relieving and antiinflammatory agent comprises an NSAID and the antioxidant comprises garlic and extracts thereof.
- 51. A composition according to claim 33, wherein the pain relieving and antiinflammatory agent comprises an NSAID and the antioxidant comprises green tea or its extracts.
- A composition according to claim 33, wherein the pain relieving and anti-52. inflammatory agent comprises an NSAID and the antioxidant comprises at least one herb selected from a group consisting of herbs from the genus Astragalus.

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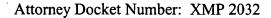
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- 53. A composition according to claim 15, comprising a pain relieving and antiinflammatory pharmaceutical, an anti-histamine, a decongestant, an immune booster, and an anti-oxidant.
- 54. A composition according to claim 53, wherein:
 - a) the pain relieving and anti-inflammatory pharmaceutical is acetaminophen;
 - b) the decongestant is pseudoephedrine
 - c) the anti-histamine is diphenhydramine
 - d) the immune booster is a nutraceutical selected from the group consisting of *Echinacea purpurea* and extracts thereof, goldenseal and extracts thereof, elderberry and extracts thereof, zinc gluconate, and mixtures thereof; and
 - e) the anti-oxidant is a nutraceutical selected from the group consisting of garlic and extracts thereof, green tea and extracts thereof,

 Astragalus and extracts thereof, ascorbic acid, and mixtures thereof.
- 55. A composition according to claim 53, wherein:
 - a) the pain relieving and anti-inflammatory pharmaceutical is an NSAID;
 - b) the decongestant is pseudoephedrine;
 - c) the anti-histamine is diphenhydramine
 - d) the immune booster is a nutraceutical selected from the group consisting of *Echinacea purpurea* and extracts thereof, goldenseal

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and extracts thereof, elderberry and extracts thereof, zinc gluconate, and mixtures thereof; and

- e) the anti-oxidant is a nutraceutical selected from the group consisting of garlic and extracts thereof, green tea and extracts thereof,

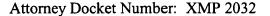
 Astragalus and extracts thereof, ascorbic acid, and mixtures thereof.
- A method for treating a patient suffering from an ailment or symptom caused by an immune response, comprising the step of administering a medicinal composition to the patient, said medicinal composition comprising:

an effective amount of a pain relieving and anti-inflammatory pharmaceutical;

an effective amount of a nutraceutical; and a pharmaceutically acceptable base;

wherein at least one of the pharmaceutical and the nutraceutical treats at least one ailment or symptom thereof caused by an immune response.

- 57. A method according to claim 56, wherein the immune response is an immune response to a virus, a microorganism, or an atmospheric pollutant or allergen.
- 58. A method according to claim 56, wherein the pain relieving and anti-inflammatory pharmaceutical is selected from a group consisting of acetaminophen, non-steroidal anti-inflammatory drugs (NSAID's), and mixtures thereof.
- 59. A method according to claim 58, wherein the medicinal composition additionally



comprises a pharmaceutical selected from a group consisting of antihistamines, decongestants, and combinations thereof.

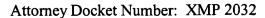
- 60. A method according to claim 59, wherein the decongestant is selected from a group consisting of phenylpropanolamine, pseudoephedrine, ephedrine, naphazoline, oxymetazoline, tetrahydrozoline, xylometazoline, propylhexedrine, L-desoxyephedrine, effective salts thereof and combinations thereof.
- 61. A method according to claim 59, wherein the antihistamine is selected from a group consisting of diphenhydramine, pyrilamine, clemastine, bromopheniramine, phenindamine, chlorpheniramine effective salts thereof and combinations thereof.
- 62. A method according to claim 56, wherein said nutraceutical is selected from a group consisting of immune boosters, anti-inflammatory nutraceuticals, antioxidants, liver protectants, and mixtures thereof.
- 63. A method according to claim 62, wherein the nutraceutical immune booster is selected from a group consisting of zinc and effective salts thereof, and at lease one herb selected from a group consisting of herbs of the genus *Echinacea*, at least one herb selected from a group consisting of herbs of the genus *Sambucus*, Goldenseal and mixtures thereof.
- 64. A method according to claim 62, wherein the anti-inflammatory nutraceutical is selected from a group consisting of at least one bioflavonoid, at least one herbal extract containing at least one bioflavonoid, curcumin, herbal extracts containing curcumin, stinging nettle and extracts thereof, and bromelain.
- 65. A method according to claim 62, wherein the nutraceutical anti-oxidant is selected

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from a group consisting of at least one bioflavonoid, at least one herbal extract containing at least one bioflavonoid, ascorbic acid and pharmaceutically effective salts thereof, garlic and extracts thereof, green tea and its extracts, at least one herb selected from a group consisting of herbs from the genus *Astragalus*, and combinations thereof.

66. A method according to claim 62, wherein the nutraceutical liver protectant is milk thistle or an extract thereof.

- 67. A method according to claim 57, wherein the nutraceutical comprises an effective amount of an immune booster.
- 68. A method according to claim 67, wherein the pain relieving and antiinflammatory agent comprises at least one drug selected from a group consisting of acetaminophen, an NSAID, and mixtures thereof.
- 69. A method according to claim 67, wherein the immune booster comprises at least one nutraceutical selected from a group consisting of zinc and effective salts thereof, at least one herb selected from a group consisting of herbs of the genus *Echinacea*, at least one herb selected from a group consisting of herbs of the genus *Sambucus*, Goldenseal, and mixtures thereof.
- 70. A method according to claim 67, wherein the medicinal composition additionally comprises at least one additive selected from a group consisting of:
 - a) an antioxidant;
 - b) an anti-histamine;
 - c) an anti-inflammatory nutraceutical;

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- d) a decongestant; and
- a liver protectant. e)
- 71. A method according to claim 67, wherein the medicinal composition additionally comprises an antioxidant selected from a group consisting of at least one bioflavonoid, at least one herbal extract containing at least one bioflavonoid, ascorbic acid and pharmaceutically effective salts thereof, garlic and extracts thereof, green tea and its extracts, at least one herb selected from a group consisting of herbs from the genus Astragalus, and combinations thereof.
- A method according to claim 67, wherein the medicinal composition additionally 72. comprises an anti-inflammatory nutraceutical selected from a group consisting of at least one bioflavonoid, at least one herbal extract containing at least one bioflavonoid, curcumin, herbal extracts containing curcumin, stinging nettle and extracts thereof, and bromelain.
- 73. A method according to claim 67, wherein the medicinal composition additionally comprises at least one anti-histamine selected from a group consisting of diphenhydramine, chlorpheniramine, and effective salts thereof.
- 74. A method according to claim 67, wherein the medicinal composition additionally comprises at lease one decongestant selected from a group consisting of pseudoephedrine, phenylpropanolamine, and effective salts thereof.
- 75. A method according to claim 67, wherein the medicinal composition additionally comprises milk thistle or an extract thereof.
- 76. A method according to claim 67, wherein the pain relieving and anti-

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inflammatory agent comprises acetaminophen and the immune booster comprises zinc and effective salts thereof.

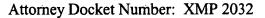
- 77. A method according to claim 76, wherein the medicinal composition additionally comprises milk thistle or an extract thereof.
- 78. A method according to claim 67, wherein the pain relieving and antiinflammatory agent comprises acetaminophen and the immune booster comprises
 at least one herb selected from a group consisting of herbs of the genus

 Echinacea.
- 79. A method according to claim 78, wherein the medicinal composition additionally comprises milk thistle or an extract thereof.
- 80. A method according to claim 67, wherein the pain relieving and antiinflammatory agent comprises acetaminophen and the immune booster comprises
 at least one herb selected from a group consisting of herbs of the genus Sambucus.
- 81. A method according to claim 80, wherein the medicinal composition additionally comprises milk thistle or an extract thereof.
- 82. A method according to claim 67, wherein the pain relieving and antiinflammatory agent comprises acetaminophen and the immune booster comprises
 Goldenseal.
- 83. A method according to claim 82, wherein the medicinal composition additionally comprises milk thistle or an extract thereof.
- 84. A method according to claim 67, wherein the pain relieving and antiinflammatory agent comprises an NSAID and the immune booster comprises zinc

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- 86. A method according to claim 67, wherein the pain relieving and antiinflammatory agent comprises an NSAID and the immune booster comprises at
 least one herb selected from a group consisting of herbs of the genus Sambucus.
- 87. A method according to claim 67, wherein the pain relieving and antiinflammatory agent comprises an NSAID and the immune booster comprises
 Goldenseal.
- 88. A method according to claim 60, wherein the nutraceutical comprises, an effective amount of an antioxidant.
- 89. A method according to claim 88, wherein the pain relieving and antiinflammatory agent comprises at least one drug selected from a group consisting
 of acetaminophen or an NSAID.
- 90. A method according to claim 88, wherein the anti-oxidant is selected for a group consisting of at least one bioflavonoid, at least one herbal extract containing at least one bioflavonoid, ascorbic acid and pharmaceutically effective salts thereof, garlic and extracts thereof, green tea or its extracts, at least one herb selected from a group consisting of herbs from the genus *Astragalus*, and combinations thereof.
- 91. A method according to claim 88, wherein the medicinal composition additionally comprises at least one additive selected from a group consisting of:

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- a) a decongestant;
- b) an anti-histamine;
- c) an anti-inflammatory nutraceutical; and
- d) a liver protectant.
- 92. A method according to claim 88, wherein the medicinal composition additionally comprises a decongestant selected from a group consisting of phenylpropanolamine, pseudoephedrine, ephedrine, naphazoline, oxymetazoline, tetrahydrozoline, xylometazoline, propylhexedrine, L-desoxyephedrine, effective salts thereof and combinations thereof.
- 93. A method according to claim 88, wherein the medicinal composition additionally comprises an anti-histamine selected from a group consisting of diphenhydramine, chlorpheniramine, and effective salts thereof.
- 94. A method according to claim 88, wherein the medicinal composition additionally comprises an anti-inflammatory nutraceutical selected from a group consisting of at least one bioflavonoid, at least one herbal extract containing at least one bioflavonoid, curcumin, herbal extracts containing curcumin, stinging nettle and extracts thereof, and bromelain.
- 95. A method according to claim 88, wherein the medicinal composition additionally comprises milk thistle or an extract thereof.
- 96. A method according to claim 88, wherein the pain relieving and antiinflammatory agent comprises acetaminophen and the antioxidant comprises at
 least one herbal extract containing at least one bioflavonoid.

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- 97. A method according to claim 96, wherein the medicinal composition additionally comprises milk thistle or an extract thereof.
- A method according to claim 88, wherein the pain relieving and anti-98. inflammatory agent comprises acetaminophen and the antioxidant comprises garlic or extracts thereof.
- A method according to claim 98, wherein the medicinal composition additionally 99. comprises milk thistle or an extract thereof
- 100. A method according to claim 88, wherein the pain relieving and antiinflammatory agent comprises acetaminophen and the antioxidant comprises green tea or its extracts.
- 101. A method according to claim 100, wherein the medicinal composition additionally comprises milk thistle or an extract thereof
- A method according to claim 88, wherein the pain relieving and anti-102. inflammatory agent comprises acetaminophen and the antioxidant comprises at least one herb selected from the group consisting of herbs from the genus Astragalus.
- A method according to claim 102, wherein the medicinal composition additionally 103. comprises milk thistle or an extract thereof
- A method according to claim 88, wherein the pain relieving and anti-104. inflammatory agent comprises an NSAID and the antioxidant comprises at least one herbal extract containing at least one bioflavonoid.
- 105. A method according to claim 88, wherein the pain relieving and anti-59

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inflammatory agent comprises an NSAID and the antioxidant comprises garlic and extracts thereof.

- 106. A method according to claim 88, wherein the pain relieving and antiinflammatory agent comprises an NSAID and the antioxidant comprises green tea
 or its extracts.
- 107. A method according to claim 88, wherein the pain relieving and antiinflammatory agent comprises an NSAID and the antioxidant comprises at least
 one herb selected from a group consisting of herbs from the genus Astragalus.
- 108. A method according to claim 70, comprising a pain relieving and antiinflammatory pharmaceutical, an anti-histamine, a decongestant, an immune booster, and an anti-oxidant.
- 109. A method according to claim 108, wherein:
 - a) the pain relieving and anti-inflammatory pharmaceutical is acetaminophen;
 - b) the decongestant is pseudoephedrine;
 - c) the anti-histamine is diphenhydramine;
 - d) the immune booster is a nutraceutical selected from the group consisting of *Echinacea purpurea* and extracts thereof, goldenseal and extracts thereof, elderberry and extracts thereof, zinc gluconate, and mixtures thereof; and
 - e) the anti-oxidant is a nutraceutical selected from the group consisting of garlic and extracts thereof, green tea and extracts thereof,

Astragalus and extracts thereof, ascorbic acid, and mixtures thereof.

- 110. A method according to claim 108, wherein:
 - the pain relieving and anti-inflammatory pharmaceutical is an a) NSAID;
 - the decongestant is pseudoephedrine; b)
 - c) the anti-histamine is diphenhydramine;
 - d) the immune booster is a nutraceutical selected from the group consisting of Echinacea purpurea and extracts thereof, goldenseal and extracts thereof, elderberry and extracts thereof, zinc gluconate, and mixtures thereof; and
 - the anti-oxidant is a nutraceutical selected from the group e) consisting of garlic and extracts thereof, green tea and extracts thereof, Astragalus and extracts thereof, ascorbic acid, and mixtures thereof.